

Dixie Zone Newsletter

APRIL – JUNE 2006

Virtual Swim to the XI FINA World Championships in California! Jan. 1 – Aug. 1, 2006

Enjoy a “virtual swim” to the XI FINA World Championship meet in California! Each Zone (8 total) will be racing and competing with each other to get to Stanford first. A distance of 1500 miles has been set as the goal - which is close to the average distance a USMS swimmer will have to travel to this meet. Let's see which zone will arrive there first – ready for the world competition.

Simply log your swim mileage (logs are provided for your convenience in the Fitness Section) that you swim daily. Then just email your mileage to Mary Sweat (marysweat@email.com) at the end of each month. Please include the following: Name, Age, Zone, and Miles swum during month.

There is no entry fee or official rules – just good old racing fun in a virtual sense. The results will be compiled and posted on the website (see the Fitness section) each month for you to see the race of the “zones to worlds” in progress!

This swim also counts towards the 2006 Virtual Swim Series. A t-shirt commemorating your participation in this specific swim will be available for minimal cost.

I hope you will enjoy the fun of training and swimming (virtually speaking!) to the XI FINA World Championships in California.

2006 Dixie Zone SCY Championships Results Clearwater, Florida Feb. 11-12-Dick Brewer

There were 32 teams and 250 swimmers entered in the meet. Nine new Dixie Zone records were set, most notably **Richard Kitchell** from North Carolina Masters who broke the old zone 200 Fly record by 12.51 seconds and the old USMS American record by 6.3 seconds.

In combined team scoring 1st went to Florida Aquatic Combined Team (FACT) 2729.5, 2nd . Florida Maverick Masters (FMM) 1320, 3rd Sarasota Y Sharks Masters (SYSM)1141, 4th St. Pete Masters (SPM)

New Dixie Zone records:

Pat Sargeant.....50-54...50 Fr..... :27.30	Karl Wiedemann..... 65-69...200 Br.....2:49.23
Florence Carr..... 80-84...50 Fr..... :37.42	Richard Kitchell..... 65-69...200 Fly.....2:30.02
Florence Carr..... 80-84...50 Fly.....:54.38	Robert Beach.....75-79...1000 Fr.... 14:50.32
Rick Walker.....55-59...500 Fr..... 5:30.13	Robert MacDonald.... 75-79...200Br.....3:11.13
Rick Walker.....55-59...1000Fr .. 11:11.95	

oldest record broken: Rick Walker 500 free -- (Burwell Jones, 1988)

record shatters: Richard Kitchell 200 fly by 12.51 seconds & Robert Beach 1000 free by 2:05.91

13th Annual Fort Lauderdale Masters Challenge-Debbie Cavanaugh

The City of Ft. Lauderdale held the 13th Annual Masters Challenge on Feb. 24-26. There were 197 swimmers entered in the meet.

For the local competition, Gold Coast Masters won the combined team total with 5,581 points. The out of state combined team winner went to Illinois Masters 1,301.50 points.

New Zone Records were set by

Cav Cavanaugh.....70-74...50Fr26.10	Bullock Perry..... 18-24...200 IM..... 1:58.84
Cav Cavanaugh.....70-74...100 Fr.....59.49	Bullock Perry..... 18-24...400 IM..... 4:14.89
Anne LaBorwit.....55-59...100 Bk..... 1:16.66	David Quiggin.....60-64...100 Fr.....53.79
Anne LaBorwit.....55-59...200 Bk..... 2:42.88	David Quiggin.....60-64...200 Fr.....2:03.39

Swim Etiquette-compliments of WSU Masters Swimming

Communication

1. Learn the names of your lane mates. You are about to spend one hour or more with these people-heart rates elevated with almost no clothes on. Aren't you curious what their names are?
2. Understand the cruise interval for the lane. Does everyone agree? Are you in the right lane?
3. Never begin a set until everybody in the lane understands it(particularly drill sets). The extra amount of time spent to communicate the set & interval pace to the entire lane is a good investment of you time.
4. Communicate to your lane mates if you plan to do anything “different” in the set. This includes switching to another stroke than designated, putting on fins kicking rather than swimming, warming

down in the middle of the set, sitting out an interval or even getting out of the pool.

5. On long swims where lapping is likely to occur, communicate with each other what the passing procedure will be.

Be Responsible & Aware

1. Never assume that the first person in the lane know what is going on. They may be having a bad day.
2. Take Responsibility for counting. You can do it-allow yourself to believe it!
3. Watch the pace clock & stay in your send off spot throughout the set(5 or10 seconds back from the leaders).
4. Be aware of what is happening in the lane. Where are the other swimmers? Am I holding people up? Am I running people over? Is there somebody right behind me as I am coming off the wall?
5. If you have trouble seeing the clock, figure out how to see it. Prescription goggles, contacts under your goggles, small pace clocks next to your lane & synchronizing your wrist watch, are just a few of the many options.
6. If you arrive late to the workout, take responsibility for learning what is going on. Ask the coach what's going on before you get into the water. Do not interrupt the swimmers. The on deck coach may ask you to do a warm up in the diving well.

Encourage & Acknowledge

1. It's fun & motivating to hear positive encouragement coming from fellow swimmers. A small "let's go" can be just the positive boost your lane mates need in the middle of a long difficult set.
2. Acknowledge each other. Is somebody in your lane having an exception day? Let them know!
3. Acknowledge your teamwork. "We're awesome," with high fives all around. "Let's celebrate with a lattee..."

2006 USMS Short Course Nationals in Coral Springs, Florida

The deadline for entering the **2006 USMS Short Course Nationals** is approaching quickly.

The postmark deadline is March 30., the online entry deadline is April 6.

The atmosphere promises to be electrifying and exciting for competitors and spectators alike. The already spectacular Aquatic Complex in Coral Springs, FL just has been upgraded with new grandstands, 2 new scoreboards, additional shading, tables and chairs. Last weekend, the facility and the equipment were tested when the Coral Springs Swim Club hosted the Florida Gold Coast Junior Olympics with almost 1000 swimmers. From many FGC coaches you could hear: "This was the best JOs ever and CSSC did an awesome job. It is just fun to compete in this Aquatic Complex. There is no way you don't swim fast here."

For hotel and other information and an aerial view of the Aquatic Complex, go to the club's web site at www.csscswim.com, then click on the Masters Nationals logo on the left side.

Several hotels were just added to the list, due to the high demand.

Food for volunteers and Gold Medal Sponsors will be provided by Outback Steakhouse, Shell's Seafood, Red Lobster, Starbucks, Sweet Tomato, Chili's, Buffalo's, Rotelli's Pizzeria, McDonald's and others.

Shuttle service between the Coral Springs hotels and the Aquatic Complex will be starting on Wednesday, May 10th, 2006, at 4pm.

Be sure you get your entries in on time so you don't miss the fun!!!

Breaststroke Rule Interpretation-USA Swimming Rule & Regulations Committee

There have recently been a number of questions regarding the breaststroke & Article 101.3 which is USMS 101.2.3 which state in part, "After the start & each turn, a single downward butterfly kick followed by a breaststroke kick is permitted while wholly submerged." One issue is whether or not the swimmer is "required to be wholly submerged in order to take a downward butterfly kick followed by a breaststroke kick. A second issue relates to the feet breaking the surface of the water.

The wording in the Rule Book is purposely written verbatim from the FINA Rule Book. While the literal reading of the rule may be interpreted differently depending upon your personal point of view, the following is the official interpretation of the rule by the USA Swimming Rules & Regulations Committee under the provisions of Article 506.5

1. A swimmer who chooses to take a downward butterfly kick after the start of any turn, as provided in Article 101.1.3, does **not** need to be wholly submerged.
2. The breaststroke kick has three basic requirements: all movements of the legs shall be simultaneous & in the same horizontal plane without alternating movements; the feet must be turned outward during the propulsive part of the kick; and, a scissors, flutter or "downward" butterfly kick is not permitted except as provided in

the first paragraph of Article 101.1.3. Breaking the surface of the water with the feet is allowed at **any** time as long as it is not followed by a “downward” butterfly kick (Except as provided in the 1st paragraph of Article 101.1.3). There is no prohibition against an upward butterfly-type kicking action or motion at any time & this should not be cause for a disqualification.

28 – Count’Em – Reasons Why You Should Compete in a Swim Meet-Lee Carlson, PNA

Many swimmers have never competed in a meet or do so only infrequently. That’s a shame, because there are many reasons to compete regularly. In fact 28 of them are identified below. So take the plunge.

Savor the experience ~ Challenge yourself ~ Support your teammates ~ Meet new friends ~ Renew old friendships
Collect on a bet or dare ~ Get the adrenalin going ~ Swim a new event ~ Swim a different distance
Swim a new stroke ~ See if you can keep you goggles on at the start ~ Execute the stroke smoothly
Measure your conditioning program ~ Cheer for swimmers you know
Have your kids or grandkids come & watch you for a change ~ See if you can establish a personal best time
See if you come close to a best time ~ See if you are maintaining your times
Hold you best pace for 400,500 or longer ~ Find out what a negative split is ~ Feel the sheer joy of it
Honor those swimmers who keep swimming year after year & serve as an inspiration for us all
Feel the pain stop at the end of the race ~ Enjoy the warm-down after the event
Choose your favorite food & beverage afterward without feeling guilty ~ Enjoy the fellowship with your teammates

2004-2005 Relay All Americans-Cav Cavanaugh

Congratulations to all the clubs & swimmers in the Dixie Zone for their outstanding participation in relays. The following is a list of clubs & numbers of swimmers making All American.

ART-Atlanta Rainbow Trout’s- 4 **GAJA**-Georgia- 4 **FACT**-Florida Aquatic Combined- 24
FMM-Florida Maverick Masters- 22 **GOLD**-Gold Coast Masters- 36 **SPM**-St. Pete Masters- 11
NCMS-North Carolina Masters Swimming- 19

78 Years of Swimming Excellence-City Of Ft. Lauderdale-contributed by June Krauser

Fort Lauderdale’s competitive swimming heritage dates back 78 years to the grand opening of the Casino Pool on January 29, 1928. As the first pool of Olympic size (50m X 20m) in Florida, it remained at the forefront of the swimming scene for nearly half a century, & consequently witnessed a great deal of American swimming history.

In 1965, Ft. Lauderdale’s Hall of Fame Swimming Pool opened its doors & since then has witnessed 10 world records while serving as host to hundreds of national & international meets including the YMCA National Swimming & Diving Championships for 28 years.

Presently, the City of Ft. Lauderdale is formulating plans for a completely new facility with construction beginning during the 2007-2008 fiscal year.

By Laws in the LMSC-Debbie Cavanaugh

The Zone Committee has been working hard to make sure that all LMSC’s have By Laws & a Grievance Policy in place. After contacting the LMSC’s in our zone, 5 out of the 7 LMSC’s have some By Laws in place. Two of the LMSC’s have a grievance policy. Most of the LMSC’s were in the process of updating the By Laws.

The Zone Committee has come up with some model By Laws & a model Grievance Policy. I will be sending these out to the LMSC’s Chairs in the next week. Remember these are only models, but they will help get you started & give you some new ideas.

2006 Open Water/Long Distance

Many open water swims are not USMS-sanctioned, so USMS insurance will NOT cover the event. Those events are noted below. Check with the event organizer about insurance coverage for non-sanctioned events.

April 22: Tampa Bay Marathon Swim (24 miles). Tampa FL. /www.distancematters.com/marathon/2006

May 6: Hurricane Man Swim (1000m & 2.4-mile). St. Petersburg FL. stpetemasters.org/hurricaneman2006.htm"

*Entry deadline: postmarked by May 1 or the first 400 swimmers, whichever comes first. **This event is USMS sanctioned***

June 17: USMS 3K Open Water Championships. www.usms.org/longdist/ldnats06/3kentry.pdf Clemson SC.

*Entry deadline: received by Saturday, June 10. **This event is USMS sanctioned***

2006 Pool Meets (information & entry for all events are at www.dixiezone.org/Meets.htm)

April 7-9 / SCY: St. Pete Masters SCY Championships. St. Petersburg FL. *Entry deadline: postmarked by Tuesday,*

March 28; late entries accepted w/additional fee if received by Friday, March 31

April 23 / SCY: Splash to Chicago. Miami FL (FIU). *Entry deadline: received by Wednesday, April 19*

April 29-30 / SCY: North Carolina SCY State Championships. Raleigh NC. *Entry deadline: received by Monday, April 24*

May 11-14 / SCY: USMS National SCY Championships. Coral Springs FL.

May 18-21 / SCY: YMCA Masters Nationals. Ft. Lauderdale FL. (all entries must be submitted by local YMCA's)

June 3 / LCM: Classic City Masters Invitational. Athens GA

June 10-11 / LCM: Bumpy Jones Classic Invitational. Sarasota FL. *Entry deadline: received by Wednesday, May 31; late entries accepted with additional fee until Monday, June 5*

June 17 / LCM: Summer Series I. Ft. Lauderdale FL

June 17 / LCM: Catfish Masters Long Course Meet. Jackson MS

July 1-2 / LCM: Team Greenville Masters Invitational. Greenville SC. *Entry deadline: received by Monday, June 19*

July 8 / LCM: Summer Series II. Ft. Lauderdale FL

July 14-16 / LCM: St. Pete Masters Long Course Championships. St. Petersburg FL.

July 22-23 / LCM: Dixie Zone LCM Championships. Raleigh NC.

Aug. 3-17 / LCM: XI FINA Masters World Championships. Stanford CA. *Entry deadline: received by Saturday, June 3*

Aug. 26 / LCM: Brandon Blue Wave Masters LCM Swim Meet. Brandon FL (800 free + additional events)